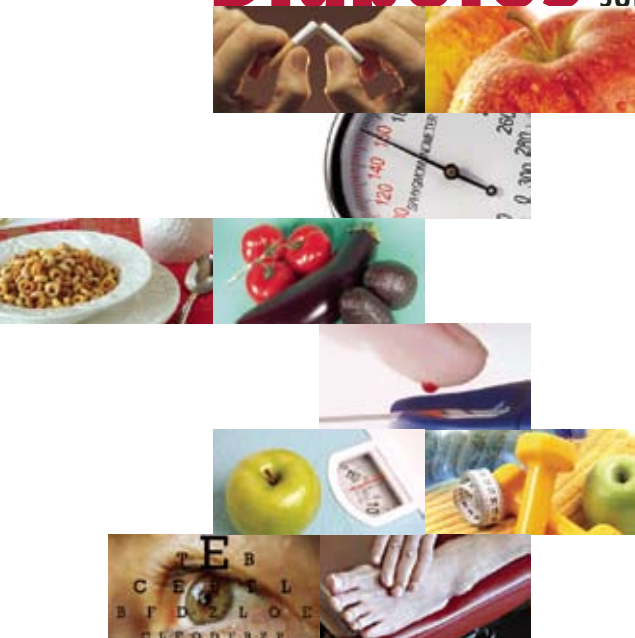


Medicare helps cover

Diabetes supplies and services to help keep you healthy.



- Screenings for people at risk
- Diabetes Self-management Training
- Medical Nutrition Therapy Services
- Hemoglobin A1c tests
- Glucose monitors, test strips, lancets, insulin, some insulin pumps
- Glaucoma tests
- Foot exams and treatment, therapeutic shoes
- Flu and pneumonia shots
- Cholesterol and lipid checks

For a free copy of "Medicare Coverage of Diabetes Supplies and Services," visit www.medicare.gov/Publications/Pubs/pdf/11022.pdf.
The National Diabetes Education Program has more information to help you manage your diabetes. Visit www.ndep.nih.gov.

Things to ask your doctor or other health care professional at your next visit:

- ☐ How to sign up for Diabetes Self-management Training
- ☐ What kind of nutrition plan you need (Medical Nutrition Therapy Services)
- ☐ How to find a program to quit smoking
- ☐ If you need a pneumonia shot

Things to do at each visit:

- ☐ Go over your blood glucose readings
- ☐ Find out your A1c level
- ☐ Get your feet checked
- ☐ Get your weight and blood pressure checked

Things to get at least once a year:

- ☐ A flu shot
- ☐ A dilated-eye exam
- ☐ A foot exam (including check of circulation and nerves)
- ☐ A test to check your kidneys
- ☐ Cholesterol and lipid tests

Remember, talk to your doctor or other health care professional **anytime** you have questions or concerns about your diabetes.



Centers for Medicare & Medicaid Services

CMS Publication No. 11410
May 2009